



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Colorful Cole Slaw*

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: not given

Cups of Fruits and Vegetables Per Person: not given

Ingredients:

2 cups green cabbage, shredded
1 cup purple cabbage, shredded
1 carrot, grated
1/2 red bell pepper, julienned
1/2 yellow bell pepper, julienned
2 scallion sprigs, coarsely chopped
1/2 cup fat free sour cream
1/2 cup light mayonnaise
Juice of 1 lemon
1 tsp Crazy Jane's Kicked Up Pepper
1 tsp sugar

Directions:

Combine all of the vegetables in a large mixing bowl. In a separate bowl, combine mayo, sour cream, lemon juice, kicked up pepper, and sugar; whisk together. Pour the mixture over the vegetables, mix well, refrigerate.

* From the makers of Hellman's mayonnaise, with personal variations.

Nutritionist Notes:

- High in Vitamin C
- High in Vitamin A

To decrease calories from fat in recipe (currently at about 51% of total calories per serving):

- May want to substitute fat-free plain yogurt for fat-free sour cream
- May want to substitute fat-free mayonnaise for light mayonnaise